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WELLNESS

Yoga: Get into the swing

SARAH FERGUSON
PelhamNews Staff

If I can do it, anyone can do it.
No, seriously. The words athletic and flexible are never used in the same sentence to describe me.

see YOGA | page 3



Staff Photo

Sarah Ferguson gets into the swing of things while learning about suspension yoga at the Daria Prana Wellness Centre on Pelham St.

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upfront

■ MORE BUSINESSES

Pelham plaza expanding

SARAH FERGUSON
PelhamNews Staff

With a major seniors housing development and medical arts building in the planning stages, Ironwood Plaza owner Carl McKnight thought the time was right to expand his building too.

Work is beginning this week on a renovation of the Ironwood Plaza, on the corner of Rice Rd. and Hwy. 20 in Fonthill.

The plaza, across the street from the proposed medical arts and senior housing development, will become home to Brick by Brick Therapy and Wellness, a centre that provides therapy and counselling services to children with autism and other disorders. The plaza will also make room for the Julien School for Alternative Learners, an accredited private school for student with special learning needs.

"It's a \$1.8 million project and it's been in the works for about three years," McKnight said.

Renovations include a two-storey addition to make room for both the school and therapy centre, adding about 10,000 square-feet to the building and doubling its size. It also includes making room for 75 parking spaces, the building will have a new roof, windows, doors and a modernized look with architectural stone on the bottom portion of the building and



SARAH FERGUSON Staff Photo
Ironwood Plaza owners Carl McKnight (left) and Blair Cadmore have begun renovations of their plaza to add a two-storey addition as well as more parking.

stucco on the upper portion.

The entrance to the plaza will be moved from Rice Rd. to Hurricane Rd.

Camille Julien-Snelgrove, president of Brick by Brick Therapy and Wellness, and founder of the Julien School for Alternative Learners, said she is looking forward to the move.

The school is expected to open in September, with the therapy centre to open as early as December, she said. Currently, Brick by Brick and the alternative learning school are located down the road from the Ironwood Plaza but have outgrown its current location.

"The move will give us a lot

more space and allow us to design our school to special specifications," she said.

Julien-Snelgrove said she receives phone calls every day from families who require therapy services.

"We keep growing and knocking down walls to make room for more students (in the school)," she said.

Brick by Brick serves 50 families in the Niagara Region from Fort Erie and as far as Grimsby. The school has been open for a year and serves six children. Julien-Snelgrove said she would like to see the number of students at Julien School triple in size.

The move will allow Julien School to have a sensory room, big all-purpose rooms, more technology such as iPads and smart boards, as well as a playground.

The school will open its doors to children "who don't fit into the typical bell curve," Julien-Snelgrove, adding that children who are diagnosed with Autism, have behaviour problems, or are looking to be challenged are welcome to the school.

The facility will also offer a pre-school program for toddlers to help prepare them for kindergarten.

An open house is planned for Julien School for Alternative Learners Tuesday, May 28 at Rice Road Community Church from 7 p.m. to 8:30 p.m. For more information call 905-228-3250 or visit www.julien-school.com.

■ WELLAND RIVER: Professor suggests entire span of waterway be examined

Stakeholders should be at floodplain table

DAVE JOHNSON
Tribune Staff

WAINFLEET — Niagara Peninsula Conservation Authority chair Bruce Timms will try and bring Ontario Power Generation, Welland Recreational Canal Corp. and St. Lawrence Seaway Management Corp. to the table with Welland River Floodplain Association members.

Timms, who attended the association's most recent meeting in Wainfleet, said he'd heard enough concerns from residents over proposed floodplain line changes along the Welland River from Port Davidson to Welland.

"We will make contact with all three agencies to talk to the about what they heard (at the meeting) and get back to you," said Timms, a regional councillor from St. Catharines.

All three agencies, said association member Bev Lepard, have an impact on the Welland River, which flows from Hamilton to the Niagara River.

Lepard said siphons under the former and current Welland Canals affect the river when debris blocks them, while Ontario Power Generation causes the river to silt when it uses the waterway for power generation.

"We're interested in whether the new (power generation) tunnel will affect the river as well," he said, in front of roughly 125 people inside the



Timms

community room at Wainfleet fire hall last week.

Residents along the area of the proposed floodplain line change are concerned over development and redevelopment being restricted once new lines are in place.

"If you wanted to build a deck, barn or rebuild your house, you'd have to go through the conservation authority for permission," Lepard said.

The new floodplain lines would be further up the riverbanks than the current lines, which were established in 1985, the last time a study was done.

It's estimated, residents said, that up to 270 properties alone in Wainfleet would be affected.

"There's a potential for reduced property values and it could cause mortgage and insurance problems," Lepard

said.

During the meeting, Slobodan Simonovic, a University of Western professor and recognized watershed expert, spoke about the conservation authority's reports on the proposed floodplain line changes.

Simonovic had a number of issues and concerns with the reports, but felt a mutually acceptable solution could be found if all parties worked together.

One of his main issues was over the complexity of the watershed and the area being looked at for change. He feels the entire river, from its source to the Niagara River, should be looked at.

He, too, feels the three agencies that affect the river should be involved in the process and at the table.

The university professor said he was willing to work with the conservation authority on the issue.

Timms told the crowd the reason the floodplain mapping was being looked at was that water level monitors along the river were being triggered more frequently.

"It raised the question of whether our modelling was still good and the responsible thing to do was take a look at it," he said.

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■ YOGA

Wellness centre a yoga sanctuary

FROM PAGE 1

But for a few hours one morning, Deborah-Marie Forrester, the founder of Darla-Prana Healing and Wellness Centre in Fonthill, made me feel like a graceful butterfly.

At least, that's what she told me I was while I looked like while I was suspended in mid-air.

I'd say Deborah was just being nice, but I think she truly meant it.

Her smile and kind words encouraged me to push forward through the strangeness of what I was doing.

As I entered the Fonthill wellness centre that day, I couldn't help notice the home-like atmosphere.

I took off my shoes and after climbing a set of stairs, I was greeted warmly by Deborah in a small waiting room. I knew right from the start I wasn't in an ordinary gym.

To Deborah, her wellness centre is her sanctuary.

When visitors come to the centre for a class in either Thai yoga, reiki energy healing, or restorative yoga, Deborah says the centre becomes a haven for visitors who enter it.

I stopped by the wellness centre to learn about the OmGym which Deborah described to me as a "modern update of ancient suspension yoga" or, as she likes to call it, flying yoga.

"It's based on old styles of yoga where they used to use straps and hooks. None of them were comfortable," she says.

This form of yoga is becoming increasingly popular and requires a system which allows people to comfortably, or in my case awkwardly, perform a combination of yoga moves on the ground and in the air.

YOGA FACTS

Who: Deborah-Marie Forrester

What: Teaches one-on-one suspension yoga class

Where: Darla-Prana Healing and Wellness Centre, Suite 4, 1462 Pelham St., Fonthill

Why: To help people improve blood flow to the brain, and help with general fatigue, tension and anxiety.

For more information call the Darla-Prana Healing and Wellness Centre at 289-897-8400.

The suspension system is made from a recycled nylon parachute fabric and consists of a swing and a set of handle grips that hang from ceiling support beams, or can be placed in door frames and even a tree branch, which Deborah has done.

If anyone saw a giant swing in Peace Park a few weeks ago, it was Deborah and a few people trying suspension yoga. Deborah says she is the only certified trainer in the area that is able to give suspension yoga classes and about eight people have had classes since she began offering it about a month ago.

Although the system is used for back pain relief, inversion therapy, massage therapy and spinal traction, when using it, I felt like I was playing like a kid. It reminded me of the days, which weren't that long ago, when I hung from the air on the monkey bars.

Performing yoga this way improves posture, it also helps with fatigue, tension, anxiety and increases blood flow to the brain.

At first I was excited to try the machine, but became



Reporter Sarah Ferguson (left) learns about suspension yoga from instructor Deborah-Marie Forrester.

Staff photo

nervous as the day to meet Deborah quickly approached.

I knew nothing about yoga, and couldn't remember the last time I was able to touch my toes.

But she made me feel safe, and more importantly, she made sure I didn't fall flat on my face while I was hanging in the air. Thankfully, I got my first taste of suspension yoga while doing a few poses on

the floor and worked my way up, literally.

"It's all about making people feel safe, but having fun. Staying safe is important," she says.

"It's so important because you're dealing with people, their bodies and in the air." Before I knew it, an hour had past and I felt like I hadn't exercised at all. When I stopped to rest though, I

could feel the beads of sweat start to pour from my face. It was a good feeling.

When performing flying yoga, Deborah says the poses require focus and energy, while forcing the body to work hard.

At the same time, the work out is gentle and easy to do. Anyone, whether young or young at heart can try it because the moves can be

modified to fit your body and your fitness level.

"It's a gentle approach and a supportive approach. You know you're specific body and you're limitations," says Deborah.

When I was finished, I was energized and grateful for the experience. I think I would even like to do it again. Except next time without the camera.

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Exciting events ahead for Pelham Public Library

FRAN GILES

There are exciting events planned at Pelham Public Library that everyone will want to know about.

The first event that everyone should know about is the Fenwick Lions Club Parade which takes place Friday, May 24, at 7 p.m.

Since there is supper to take care of before the parade, a stop at the Friends of

Maple Acre branch fundraising barbecue on the lawn in front of the library on Canboro Rd., is strongly recommended. The burgers and hotdogs are very good but the slices of pie are great. If your family can agree on just one flavour, it is often possible to buy a whole pie. The barbecue starts at 5 p.m., and all are welcome to stop by to have a bite to eat

before the parade. At the library's Fonthill branch, there is the second half of My Phone Is A Camera workshop presented by Peter Ferguson, the president of the Welland Camera Club, in which he describes how apps for photography can enhance your cell phone photos.

The workshop begins at 6 p.m. Tuesday, May 28, costs \$5 per person and requires pre-registration at the library.

As I mentioned in my previous column, author Terry Fallis is visiting the library at 2 p.m., Wednesday May 29. Local vet writer Breton Lalama will open the event for Terry with a reading. Tickets are \$10 each and can be purchased at the library.

see GILES | page 15

■ COLUMN

Patio policy helps enliven downtowns

The first patio of the season emerged last week in downtown Fonthill at Gelato Village.

I understand that at least two more – a patio at Café on Main and a table and a couple of chairs at Presentations – are in the works.

Last summer council allowed Café on Main to build a patio on Pelham St. While approved without a formal policy, council agreed to the request as a way to help the Town develop a policy and to gauge the public reaction.

Many loved the patio and saw it as a progressive move to help encourage lively streets and to extend activities in the downtown. Some expressed concern that the patio forced them to walk around it and closer to the busy street. Others lamented the loss of the parking



DAVE AUGUSTYN

MAJORAL VIEW

spot and found it inconvenient or, in the case of people with disabilities, difficult to walk a little bit further. Council considered the feedback and approved a patio policy that addressed these concerns.

The policy reads: "The Town of Pelham... recognizes that streets play an important role in the urban environment. To encourage lively streetscapes, extended activities including the use of sidewalks may be appropriate. One way to achieve this is through the creation of opportunities for places to sit and

gather, such as outdoor cafés and patios. A sidewalk café affords people the opportunity to dine al fresco (in open air) while enjoying the street's vitality and when designed appropriately can make a significant contribution to the downtown community."

To operate a sidewalk café, a business must enter into an agreement with the Town and can only operate it between May 1st and October 31st.

Because streets and sidewalks are public property, business applying for an agreement must take into consideration elements such as benches, light standards, planters and waste receptacles. Further, sidewalk cafés must not interfere with the use of the public right-of-way or pose a threat to public safety; that's why, for example, Gelato

Village used bollards to delineate a 1.5 metre pathway for pedestrians.

Finally, sidewalk patios must maintain barrier-free access for persons with disabilities and comply with the Accessibility for Ontarians with Disabilities Act.

If you are interested in reviewing the policy and design principles, please see my online journal at www.pelhammayordave.blogspot.com or ask for a copy at Town Hall.

I hope that the fulfillment of this new patio policy will ensure public safety while encouraging the establishment of successful cafés in Pelham's Downtowns.

You can contact Mayor Dave Augustyn at mayordave@pelham.ca or read past columns at www.pelhammayordave.blogspot.com.

■ COLUMN

Pelham is up and Niagara down

It's been a banner Spring for home sales in Pelham. Year-to-date residential transactions are full steam ahead of last year's level and returning to the pre-recession levels experienced prior to 2008.

According to the MLS statistics of the Niagara Association of Realtors there have been 80 residential sales reported in Pelham so far this year. Last year's tally during the same time period was 62 units with 51 being the total recorded between January and April in 2011. Current results



CATHY BERKHOUT-BOSSE

REAL ESTATE VIEW

compare more favourably with the peak three-year average of 63.6 sales recorded during January-April from 2005 to 2007.

Our local sales surge contrasts significantly with Niagara regional market activity. Year-to-date sales have dropped 6.5% across Niagara with 2,182

transactions reported during the first four months of this year compared to 2386 last year.

Despite this slowdown, homes sales happened an average of 5 days faster than last year with the average number of days on the market in Niagara now at 62 days compared to 67 last year.

The average number of days it takes to sell a home in Pelham is higher than the regional average.

The 12 month average for days on the market has remained consistently at 80 days for the past two years.

Longer market times are

reflective of the higher average price levels in our local community. The Pelham 2012 monthly average price as of April 30th, 2013 stands at \$331,930 up 1.65% from \$326,734 recorded at the end of April 2012.

The current Niagara Regional 12 month average price of \$248,360 is 3.9% higher than last April's figure of \$239,039.

Cathy Berkhout-Bosse is a Real Estate Broker and Communications Strategist living in Pelham. You may read past columns at www.NiagaraRealtySourceReport.com



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■ LETTER:

E.L. Crossley reunion takes place this weekend

Greetings to all former students and staff of thorold Fonthill High School.

E.L. Crossley is having a 50th reunion at the school on the long weekend, May 17 to 19. Since the school closed in 1970, some students went to Crossley, so I have approached them to include us in their celebrations.

The plans are for us to have a section of the 60s decade room, so I am looking for any memorabilia you might have stashed away. We plan to show Joe Albanese's DVD of the yearbooks in the background. At the same time, we are trying to raise funds for the restoration of the 1967 time capsule, and are looking

for ideas.

Please visit www.ths-yearbooks.com to give some input if you cannot attend the reunion.

Crossley has some great activities planned, with a pub night on Friday night and a street dance Saturday night.

The decade rooms will be open Friday 6 p.m. to 11 p.m. and Saturday 11 a.m. to 5:00 p.m. The idea is that people will meet and mingle at the decade rooms, and

enjoy the entertainment. To register for the reunion, please visit www.elcrossleyalumni.com

For more information, or to offer ideas or memorabilia,

please contact me by email at thsc@coeco.ca or call 905-882-1724.

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DAVE JOHNSON Staff Photo

Father Nicholas Deak leads Sheri Wightman out of Pleasantview Memorial Gardens and Visitation Centre Saturday afternoon as she carries the ashes of Peter Kormos after a memorial service for the Niagara Region councillor and former longtime Welland NDP MPP.

The life of Peter

ALLAN BENNER
PelhamNews Staff

Even when Peter Kormos was a child, those who knew him best had no doubt the bright young man would go far.

"He was always strong-minded," said his uncle

John Kormos.

"I have a little story about that," John added. "Peter was only 14, and I had a business in Welland — a motorcycle shop."

John recalled having trouble getting motorcycle parts from a supplier in Toronto.

"I couldn't satisfy my

customers and that irritated me," he recalled.

He said Peter overheard him arguing with the parts supplier over the telephone and took it upon himself to write a letter to that company.

"I don't know what he wrote down, but he sent the letter off and within five days I got all the parts. I couldn't understand it," John said. "Peter was 14 years old when he wrote that letter and I've still to find out what was in it. He couldn't tell me."

A few days later, John drove to Toronto to pick up more motorcycle parts from the supplier.

"They hadn't dined me, and took me out for dinner — all because of that one letter Peter sent," he said.

It's one of many stories shared by more than 1,000 people remembering Welland's longtime provincial government representative during a memorial service Saturday at Pleasantview Memorial Gardens and Visitation Centre.

The stories could be overheard in murmured conversations punctuated by the occasional chuckle as guests awaited the start of the service.

But amidst the happy memories there was a sense of profound sadness and loss — evident by the occasional sound of weeping and tissues wiping tears from red puffy eyes — still poignant more than a month after Peter's death March 30. He was 60 years old.

Claudette Richard recognized many of the more than 200 people who gathered in the main chapel of the funeral home, while hundreds more sat in other areas of the recently-built 1,700-square-metre facility.

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Thursday May 23rd 9:30am - 10:30am

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Walking Club - Everyone is welcome! - Tues. May 21st and Thurs. 23rd

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesday at Pelham Arena from 9-10am and Thursday at Fonthill Bandshell from 9-10:30am. For more information, contact (905) 892-2607 ext. 341

Women's Outdoor Scrimmages - Mondays & Thursdays 10:00-11:30 am (May 6 - June 27)

Come out to Centennial Park, 999 Church Street, Fenwick, for a variety of sports including basketball, soccer, softball, ball hockey & ultimate Frisbee. \$6 per session or purchase your 10 + 2 bonus passes for \$60. Passes can also be used for Zumba classes. For more info, contact (905) 892-2607, ext. 341.

Ready Set Cycle! - A Bicycling Course - May 22, May 29, June 5 & June 12

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Summer Program Registration

Registration for the Aquatics programs and Summer Camps is now open. Details and application forms are available at pelham.ca

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(8+ yrs) 6:00-6:30pm

**COMMUNITY EVENTS & NEWS****2013 Rain Barrel Program**

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Pelham Farmers' Market - May 2 - October 24 - Pelham Town Square - May 9 Market Bucks Winner: Jenna Sinko

2013 marks the 10th year for our vibrant Farmers' Market! Come out and meet your local market vendors and purchase food that is fresh, high in quality and the next best thing to harvesting it yourself. Every Thursday from May 2 to October 24, 4:30 pm till dusk.

ROAD SAFETY WEEK in the TOWN OF PELHAM brought to you by the Pelham Active Transportation Committee

May 18 - Mayor's Walk - A guided safety walk through Fonthill Market at the Farmer's Market for a 6:00pm start

May 23 - Radiosaver Your Bike - A 2-hour course to get all ages back and reacquainted with bikes. A low pressure environment, teaching skills necessary to get out on the road! Sign up ahead of time! Meet at Cafe on Main (1455 Pelham St., Fonthill) parking lot for a 5:30pm start! For more information, contact (905) 892-2607, ext. 341 or jruddell@pelham.ca

E. L. Crossley Secondary School 50th Reunion - May 17, 18 & 19

All past and present students are invited for a weekend celebration featuring special messages from former graduates, memorabilia displays, food vendors, a pub night, a street dance featuring alumni Crossley bands and a presentation of arts, drama and music. For more information, visit elcrossleyreunion.com or call (905) 892-2635.

5th Annual Pelham Mayor's Gala - Saturday, May 25

Mayor Dave Augatyn and community volunteers are hosting a night of intrigue and entertainment at "Casino Royale" at Lookout Point Golf & Country Club, 209 Tice Road, Fonthill. Funds raised will support the Rishi Shah Park, the Niagara Centre Skating Club and the Pelham Community Fund as well as the Niagara Community Foundation. Individual ticket prices are available at Pelham Town Hall and are \$130. Sponsorships are also available. For more information, contact (905) 892-2607 ext. 337.

Fenwick's 160th Anniversary Celebration - Saturday, June 1, 10am-11pm

Enjoy a summer's day filled with heritage, activities, music and buskers - all for free. A 'heritage' focus will accompany the celebrations and all in attendance will be able to walk freely on the closed streets. Participant application and sponsorship forms are available online. Decorations (banners & bowls) are still available for purchase on a first come, first served basis. Commemorative bricks may now be ordered to be incorporated into the downtown Fenwick beautification project. For more information, contact (905) 892-2607, ext. 347 or go to www.pelham.ca

Pelham Fire Station 3 Strawberry Festival - June 15, 5-9pm

Pelham Fire Station 3 Volunteers (Short Hills Fire and Rescue Association) invite you to their annual Strawberry Festival at White Meadows Farms on Effingham Street. Come support our Fire Station and enjoy deep fried strawberries, kids' games, bouncy castle, Wild West show, antique fire equipment, silent auction, food and much more.

Pelham Summerfest 2013 - Thursday, July 18 until Sunday, July 21

It's never too early to start thinking about Pelham's summer fun festival! Check out pelhamsummerfest.ca for updates. Art show, vendor and sponsorship applications are now available online.

**NOTICES & REMINDERS****Join the Communities in Bloom Committee!**

This Town Committee is dedicated to keeping Pelham beautiful and planning events such as Pelham's Annual Garden Tour and Community Participation Days in the Spring and Fall. To join or for more information, contact (905) 892-2607 ext. 341.

List Your Business in the Town of Pelham Recreation, Culture & Wellness Guide

Fill out a business directory information card with the Town of Pelham by visiting Town Hall or contact 905-892-2607, ext. 315.

Book the Arena Hall or Old Pelham Town Hall for your next function or event!

For more information, contact (905) 892-2607, ext. 347.

Reminder for Dog Owners

Please note that in accordance with By-Law 97-2010, dog owners and walkers are required to remove all feces left behind on private or public property. Please remember to be responsible and stoop and scoop!

Keep Pelham Streets "Lit"

Report any problems you notice with Town streetlights to Public Works at (905) 892-2607, ext. 332. Please remember to provide the pole number for the hydro utility to investigate.

BBQ Safety Tips

When lighting your propane barbecue, open the lid and strike your match or lighter before turning on the gas. At the start of the season, make sure the burner ports are free of rust and dirt and the burner orifice is clear of dust and cobwebs. Check cylinder connections and hoses for leaks. Never use or store a propane barbecue indoors or in any enclosed space, including a garage. Keep propane cylinders at least 1.5 meters from any building opening.

Kormos touched one and all

FROM PAGE 6

"There's a real assortment of everybody here," said Richard, who grew up a few houses away from the Kormos family on Riverside Dr. in Welland.

There were people she knew who were struggling to make ends meet and others who had reached the upper echelons of their professions.

All of them — ranging from the downtowned whom Peter helped, to Ontario Liberal Premier Kathleen Wynne — had one thing in common. They all shared a friendship with the man whose ashes rested in a wooden urn at the front of the chapel beside a pair of well-worn cowboy boots and bouquets of spring flowers.

John said his nephew did his best to help everyone he could, "from people collecting welfare, right up to the greatest minds in government." And like John, most of those people had stories

to share about the man who wore those boots.

"He was a character," Richard said, recalling some of her own happy memories of Peter.

Peter's cousin Karen Lundy was impressed by the number of people at the memorial service, but it was no less than she expected.

"This is big. I knew it was going to be. He was a very popular person with family, with friends, all around," she said following the service, while standing beside Peter's mother, Simone Dettlaff.

"If you needed something, call on Peter and he'd help you out. He did everything for the public," Lundy said. "He was amazing, and people don't forget. They really don't forget what it was all about."

Welland MP Malcolm Allen urged to keep those memories of Peter alive.

"Memories are such wonderful things to keep close to your heart," he said.



DAVE JOHNSON Staff Photo
Peter Kormos's mother, Simone Dettlaff, and his brother, Mark Kormos, leave the memorial service on Saturday at Pleasantview Memorial Gardens and Visitation Centre.

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DAVE JOHNSON Staff Photo
Jeff Ward, Yvette Ward and Claudette Richard attend the Peter Kormos memorial at Pleasantview Memorial Gardens and Visitation Centre Saturday afternoon in honour of the Niagara Region councillor and former longtime Welland NDP MPP.

PETER KORMOS REMEMBERED



DAVE JOHNSON Staff Photo

Thorold Protection Hose Company members formed an honour guard for Peter Kormos, who was an honorary member, at the memorial service on Saturday.

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PARADE
FRIDAY May 24 7:00PM
Float Applications Available

The Fabulous Fenwick Lions Club cordially invites you to participate in our Carnival Parade travelling through the village of Fenwick as part of our annual Lions Carnival.

Marshalling starts: Friday, May 24, 6:00pm
Bethany Christian Reformed Church
Balfour Street, Fenwick
7:00pm sharp
Parade Starts: Centennial Park, Church Street,
Fenwick (site of the Carnival)

LIABILITY: The Lions Club of Fenwick expects the CONTACT PERSON for signing the entry form to be legally responsible for the safe operation of the parade unit and proper, safe conduct of the participants.

Contact: Fred Disher, Parade Chair
PO Box 1152, Fonthill, L5S 1E0
905-892-3025 fgdisher@bell.net
Darren Crowe
Parade Co-Chair
905-941-4895



DAVE JOHNSON Staff Photo

Minister of Environment Jim Bradley.



DAVE JOHNSON Staff Photo

Krysta Putman talks about Peter Kormos.



DAVE JOHNSON Staff Photo

Welland MPP Cindy Forster attends the Peter Kormos memorial at Pleasantview Memorial Gardens and Visitation Centre Saturday afternoon in honour of the Niagara Region councillor and former longtime Welland NDP MPP.

Pelham may back turbine opposition

SARAH FERGUSON
PelhamNews Staff

John Durley wants the provincial government to know that Pelham supports its neighbour in its unwillingness to host wind turbines.

The Ward 3 councillor said last Monday night that



Durley

he wanted to make a motion to support Wainfleet in its efforts. Council directed town staff to report back with more information and

recommendations.

The Township of Wainfleet recently passed a resolution that states the municipality doesn't want wind turbine projects in its community and sent a letter stating its stance on wind turbine development to Premier Kathleen Wynne, the Ministry of the Environment and the province of Ontario.

The resolution came about after Wynne conveyed the government's desire to limit industrial wind turbine projects to communities that are willing hosts.

Wainfleet's motion was received by Pelham council and the issue was up for dis-

cussion at Monday's meeting.

"The controversial issue of wind turbines has been a hot button issue in Wainfleet. I think it's important to look at the fact that more municipalities are becoming unwilling hosts," Duley said, adding the issue should be "kept on the radar."

Wainfleet Mayor April Jeffs said she was pleased to hear the news that Pelham is considering supporting Wainfleet.

"It holds so much more weight when it's our neighbouring municipalities supporting us. I think it shows a lot and sends a message," Jeffs said later. "If we're not willing hosts, then the province should respect it."

The mayor said she realizes wind turbines could benefit some areas, like Welland where 200 jobs will be created to manufacture wind turbine blades, but energy projects in local landscapes don't fit in Wainfleet.

"Jobs are great but I really believe it's going to be short term and produce something people don't want."

sarah.ferguson@sunmedia.ca



IN BRIEF

PEACE WITH WI-FI

Pelham residents can now access information from the World Wide Web while they enjoy the scenery in Peace Park.

A Wi-Fi signal has been set up in the park for visitors attending concerts at the bandshell or those visiting the park.

The service will be monitored during the summer months and the data will be collected and presented to council.

COMPLAINTS LOGGED

Town hall staff are streamlining their services with new software called Public Service Request.

The program is used by staff to record public service requests such as making complaints or requesting more information.

The program is expected to be available to the public for use in the summer on the town's website.

GARDENERS NEEDED

Grown thumbs are needed to showcase their gardens during the Pelham Communities in Bloom annual Garden Tour this summer.

Ward 1 Coun. Richard Rybak said the GIB committee is looking for individuals interested in participating on July 13. Anyone interested in learning more information can contact recreation, culture and wellness

co-ordinator Jessica Ruddell at 905-892-2607 ext. 341.

DESIGNS FOR BOARDERS

New Line Skate Parks has signed on to design the Isaac Riehl skate park which will be constructed at Harold Black Park.

A design committee of skateboarders, neighbours, parents and local artists met this week at the Forthill fire hall to discuss design ideas.

The park is expected to be completed by Sept. 30.

BALLOON RIDES COMING

Preparations for Canada Day celebrations in Pelham are well underway.

In her report during Monday night's council meeting, director of recreation, culture and wellness Vickie vanRenswoude said activities will include hot air balloon rides, fireworks, a children's activities area, pet show, dance place and music.

MAYOR'S WALK

It's time to start walking and the Pelham Active Transportation Committee will show residents safe places to take a leisurely stroll.

The 9th annual Mayor's Walk will take place Thursday at the Pelham Farmers Market, said recreation, culture and wellness

coordinator Jessica Ruddell. Everyone is invited to join the committee at its booth at the market at 6 p.m. shortly before the walk begins.

"The walk is going to be focused in downtown Forthill. We're going to be doing a guided safety walk to show people the safe places to cross the street," said Ruddell of the walk.

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■ PELHAM ART SHOW

Creativity lures people in from the cold

ALLAN BENNER
PelhamNewsStaff

The cool weekend weather might have helped.

Instead of spending time working in the gardens, hundreds of people instead opted to visit the Pelham Arena for the 27th annual art show Pelham Art Festival.

"It's been a really good weekend. Sales have been excellent and the atmosphere has been wonderful," said event chairwoman Heidi TeBrake.

"There's a large variety of art, and the artists are excited about coming back and new ones are coming in."

More than 65 artists from throughout Ontario, as well as Quebec and New York, spent the weekend in Pelham, where they displayed and sold their masterpieces. Only about 15 of those artists were from the Pelham and Welland area.

TeBrake said there were several new artists this year, joining other artists who have participated in the event for years.

She said the artists seem to enjoy participating in the small-town art show. One artist, she added, recently compared the atmosphere in Pelham to big city art shows.

■ PELHAM ART SHOW

Best show yet for artists coming to town

ALLAN BENNER
PelhamNewsStaff

For photographer Divino Muccianite, it was his third year participating in the Pelham Art Festival.

And he was impressed with the hundreds of people who visited Pelham Arena during the weekend — as well as the number of people eager to bring fine art home with them.

"It's been my best year ever here," he said Sunday. "I sold five prints from \$60 up to \$275. That makes me happy," the Pelham resident added.

In addition to demonstrating that his work is appreciated, the sale of his work also covered his cost of participating in the event — with enough change left to



There's a large variety of art, and the artists are excited about coming back and new ones coming in."

Heidi TeBrake, chairwoman

"People here stop and chat with the artists. Often in the bigger cities, people just sale right by you."

Although there are people who visit the arena for the art show every year, TeBrake said there are always newcomers. "It's really interesting because we have a different crowd every time," she said.

TeBrake said newcomers often tell her: "We've lived in the area for so many years and we never knew this was here."

She said as many as 130 volunteers make the event possible every year, working on "all different jobs."

"There are people needing to set up, people needing to arrange the arena, and people needing to organize wrapping and food," TeBrake said.



ALLAN BENNER Staff Photo

The work of 17-year-old Josh Tieszen amazed many of the hundreds of people who visited the Pelham Art Show.

buy a case of beer, he quipped.

Muccianite was one of more than 65 artists from throughout Ontario, western New York and Quebec who participated in the 27th annual Pelham Art Show, Friday to Sunday at the arena.

After his retirement as staff photographer at Brock University, Muccianite focused on the artistic side of photography, creating and framing stunning images. Several of those images were on display at the art show.

He spent years assigned to take photographs often used in university promotions.

"Anything they wanted done, I did it," he said.

But the subject matter of his photographs changed substantially since his retirement.

"I'll photograph a garbage



ALLAN BENNER Staff Photo

Pelham photographer Divino Muccianite said this has been the best weekend yet, participating in the Pelham Art Festival.

can if I know I can make it look good," he said. "It's art and if you can sell it, it's a bonus"

The images on display included those of local landmarks such as the Comfort

Maple. Another featured a homeless man in Quebec City. He captured the picture as the bearded man was dozing off, resting his weary head against his hand.

The work of 17-year-old Josh Tieszen attracted a lot of attention from the hundreds of people who visited the show.

The teenager from Stoney Creek was a featured artist during the art show.

It was his second year participating in the show.

"Last year, I just got in on a cancellation," Tieszen said. "This year they moved me up to the front and made me a featured artist."

He said being selected as a featured artist was a "real honour."

Last year, the response from the crowd went really well for me, and this year it's the same thing."

Niagara Falls artist Verla Goudy was working on a water-colour painting of her own, while assisting her husband artist Maryn Rivett, who was at the show displaying his pastel landscapes.

It was Rivett's second time participating in the local art show, and he was impressed.

"I'm making a lot of contact with people, and I'm getting students who are going to be taking lessons from me," he said. "You get so many favourable comments about your work... it's good feedback on your work."

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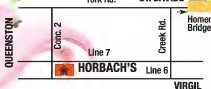


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■ TOURISM: Master plan approved by town council

Pelham joins culture club

SARAH FERGUSON
PelhamNews Staff

With a new cultural master plan in its back pocket, Pelham is set to tap into its role as a regional player in cultural tourism.

Town council last Monday night listened to the details of the plan from Kim Wilmot, of Sierra Planning and Management, the consulting firm retained by the town to develop it, before giving its approval.

The goal of the cultural master plan is to create a framework for cultural investment in Pelham by identifying what the town has in place as well as develop its cultural assets and make recommendations for supports to ensure effective implementation of the plan, Wilmot said.

The plan will look at developing cultural assets the town has over the course of the next 10 years.

As part of the plan, a database consisting of cultural sites that can be managed and improved by the town will be updated and available for residents and visitors on the town's website.

Historic buildings such as Old Pelham Town Hall should be reviewed and revitalized to accommodate cultural development.

Wilmot said Pelham has a strong cultural environment but there is "work to be done" to promote it.

"Pelham should develop as a place where people, arts, history and creativity connect."

Wilmot said Pelham can develop this way through developing partnerships with regional, local, private and nonprofit organizations as well as other municipalities.



TOWN OF PELHAM

The plan calls for the formation of a Pelham cultural committee comprising town staff, business owners, local youth groups and local arts and culture groups.

The committee will work with a municipal cultural officer that will be hired to assist with growing culture in Pelham, Wilmot said.

The consultant added that a municipal cultural officer will report to the director of recreation, Vickie vanRavenswaay, as well as other departments at the town.

A public presentation about Pelham's new cultural master plan will be held Wednesday, May 15, at the Fenwick fire hall starting at 6:30 p.m.

"It (the cultural master plan) is very exciting. We've been really missing that link in the community," vanRavenswaay said.

VanRavenswaay said she would like to see cultural vendors set up shop underneath the

town square arches on Thursday nights during the Pelham Farmers' Market and bandshell concerts.

The road under the arches would be closed while access along Pelham St. and Town Square would remain open.

"We will be setting up a management group and we will be looking for interested persons to sit on the committee and to help organize it."

Having these vendors, vanRavenswaay said, is one way the master plan will develop Pelham's culture.

"The plan is approved and further information with regard to estimate figures are expected over the next week or so."

VanRavenswaay said the final budget for the cultural master plan will be presented at a future council meeting.

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■ **A.K. WIGG:** Students display both traits through their sports, clubs and class participation

Wildcats display courage and cooperation

For PelhamNews

Over the past two months the A. Wigg Wildcats have been busy with many extra-curricular activities.

The monthly school character trait for March was courage and for April, co-operation. Both of these traits were proudly displayed by students during participation in sport, clubs, class and when we hosted visitors at our school.

In March, the ever-popular Primary Dance Club funky while having fun. Students in Grades 1 to 3 have been working very hard and getting great exercise while learning various dances. At our annual lip-sinc contest; Wigg Idol, the dance club presented one of their dances proudly. Students from Grades 1 to 8 have also been working hard

learning the game of chess. Participants in this club have been working away to master this game of strategy.

Spring basketball at Wigg has been very successful this year. The intermediate boys had an impressive season and won the consolation finals. The intermediate girls team went undefeated for the whole season with an impressive series of victory.

They captured the gold in the league championship to cap off their perfect season.

The junior basketball teams had a great season also. Both the boys and girls teams played tournaments and demonstrated positive sportsmanship and team spirit. Way to go Wildcats!

The intermediate boys and girls badminton league was a smashing success rep-

resenting Wigg at a two district tournaments. The first tourney was at E.L. Crossley, where they faced competition from fifteen schools.

The second tourney was at Brock University, where our players rallied against top players from across the DSBN. Many of the Wildcats made it into playoff rounds. It was a great season!

We also got a taste of down

under with the first ever Aussie X footie and netball lessons. We were treated to the Australian tradition of football and basketball by a group of Australian sportsmen. Wigg learned the rules of the game and got to get down and dirty Aussie-style.

Lastly, our talented student body had the opportunity to compete for the Annual Wigg Idol title. Many students

showed off their skills and talent while the student body and community enjoyed the show.

Three Brock University student teachers officiated the event. The judges had to make some very difficult decisions to announce the winners of the 2013 Wigg Idol. A special thank you goes out to Mr. Bootwala, Mr. Hogg and Miss Bunzl!

■ **ROSE FESTIVAL**

Artists wanted

InPORT News Staff

WELLAND — The search for some of the best Niagara artists is underway.

The Welland Rose Festival is looking for new and established artists interested in participating in its juried art show, June 15-16.

In addition to having their work displayed at Sessway Mall, artists will vie for \$2,250 in prizes.

With the exception of the \$250 people's choice award, winners will be selected by a panel of judges including Niagara College art instructors Geoff Farnsworth and James Griefeldt, and last year's winner Vanessa Innatunono, an art teacher at Lakeshore Catholic High School. Additional prizes include \$500 for third place, \$1,000 for second and \$1,500 for first.

There's a \$10 entry fee. Deadline is this Friday at 4 p.m. Application forms can be filled out at the Rose Festival office, at 30 East Main St.



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Fenwick's past coming to life

SARAH FERGUSON
PelhamNews Staff

As Heather Reid decorates the front of her hardware store with swags and bows, she explains why she loves Fenwick.

"Like the old feeling it has, its history. I like the simplicity of it," she says.

The business owner is decorating her store in celebration of the community's 160th anniversary and has purchased the decorations from the 160th Fenwick anniversary committee.

More than 2,000 people are expected to celebrate what Reid says makes Fenwick so special on June 1, its history. The committee has sold 110 swags and 210 bows custom made for the event, says 160th Fenwick anniversary committee member Gary Chambers.

He says the decorations hold meaning for the celebration as they share the same colours as the former Pelham High School, which no longer exists.

The opening ceremony will start at 10 a.m. with the dedication of Fenwick's flagpole, which serves as a centrepiece for the community and once greeted visitors home from the Second World War.

Rosemary Chambers, also a member of the anniversary committee, says Fenwick's flagpole is the first in Ontario

to receive a heritage designation and veterans from the war have been invited to return for the celebration.

To mark the occasion, there will be a flyover of vintage planes along Canboro Rd. at 11 a.m., which will kick off entertainment, live bands as well as historical displays, tours at the museum.

The anniversary celebration also includes a vehicle display with vehicles parked along both sides of the street by era, starting with the early 1900s.

The display will offer about 75 different vehicles belonging to Pelham residents, including a turn-of-the-century steam engine tractor.

Residents are encouraged to dress in period clothing.

Admission to anniversary festivities is free but residents are challenged to fill a 1940 Chevrolet pickup truck with non-perishable food items for Pelham Cares.

Anniversary decoration T-shirts as well as heritage posters are available to celebrate the event.

For more information contact Rosemary Chambers at 905-892-2549. To register a vehicle for the display, call Rick Kavanagh at 905-892-5407.

sarah.ferguson@sunmedia.ca
Twitter: s_ferguson25



SARAH FERGUSON Staff Photo
Storeowner Heather Reid decorates her hardware store for the 160th Fenwick Anniversary set to take place June 1.

■ GILES

Library info is on the web

FROM PAGE 4

Information about both of these events as well as more upcoming events is available on our website and in our newsletter, Just Browsing, which can be picked up at either branch of the library.

Newsletters are also advertised on the illuminated sign on the front of the Fonthill branch along with information about other events. You can also get the information in an email sent directly to you if you sign up to receive the service. See our website for a registration form.

Turning now to books, I don't know whether you have noticed the non-fiction collection, both juvenile and adult, has shrunk.

Once non-fiction occupied the major part of public and school libraries and almost all of university and college libraries. Now that we get most of our information from the internet, not just from popular sources such as Wikipedia but from scholarly sources as well, our

former reliance on heavy tomes such as Encyclopedia Britannica and the various Oxford dictionaries is no longer the case.

Older people such as I still feel that letters on paper have more authority than letters on a screen but that is our problem and not one that is likely ever to bother anyone who was born during the last forty or so years.

But using computers to access information actually benefits libraries because all that paper used to take up a lot of space and was very heavy.

Libraries are changing rapidly—re-inventing themselves, in fact—so it will be very interesting to see what happens. More rooms for computers, less for books.

Whenever librarians and library technicians gather together this is a hot topic and some new libraries will get it right and some will get it wrong. Fascinating stuff! Who says libraries are dull, dusty places?

See you at the library!

Dr. Kimberly Dobson

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Fonthill resident Peter Ferguson's photo of a fox carrying her prey will be featured in the 2012 Canadian Geographic Wildlife Photography of the Year contest.

Supplied photo

■ **HOBBIES:** Peter Ferguson named runnerup in national photo contest

Retirement let teacher focus on photography

SARAH FERGUSON
PelhamNews Staff

If Peter Ferguson doesn't come home wet and dirty, he hasn't done his job correctly.

The Pelham resident spends his time photographing a hobby he picked up in the 1990s when he retired from teaching.

Since then the amateur photographer has picked up a few tricks to the trade and knows that if he wants to get a good shot, he can't be afraid to get up close and lay down on the ground to get it.

He spends his time photographing wildlife and was recently announced as the runner-up in the fifth Canadian Wildlife Photography of the Year exhibition showcase in the On the Prowl category for his image of a fox with prey dangling from her mouth.

The exhibition showcases images of nature's creatures up close.

His photograph will be on display in the Canadian Museum of Nature in Ottawa May 15 to July 7 as part of the 2012 Canadian Geographic Wildlife Photography of the Year contest.

"At this stage in my life, being able to say I have a picture in the museum, that's kind of cool," Ferguson said.

Fergus was driving along Hwy. 60 in Algonquin Provincial Park, when he spends a fair bit of time photographing wildlife, when he took note of a red fox trotting her way along the side of the road with prey dangling from her mouth.

The photographer pulled his vehicle over so he could sit on the side of the road with his camera ready.

The fox continued to trot toward him, putting down her catch once to chase after a squirrel. Sitting just a few metres away, Ferguson snapped photos of the fox after she scooped up her prey and prepare to cross the road and continue on her way.

"The camera was on the same

eye level as the fox," Ferguson said, explaining why his photograph has a visual impact on its viewer.

"The objective is to engage the viewer so that they enjoy it and relate to it."

Ferguson is a member of the Welland Camera Club and has finished his term as president.

The club meets the second and fourth Wednesday of each month from September until April at Wesley United Church. Club members discuss photography techniques, listen to experts in the field, take field trips and compete in photography competitions.

"Photography is a neat hobby to get you out there and there is camaraderie with being part of the camera club," he said.

Perhaps more importantly, local photographers are able to share their work with others, receive criticism and tips on how to improve images.

"If it inspires someone else to think of an idea, that's the neat thing about photography," Ferguson said.

Members are able to enter a lot of international competitions, members have been published in *National Geographic* and national print competitions.

Ferguson said the club is open to anyone who wants to learn about photography, or just meet new people with the same interests.

For more information about the Welland Camera Club visit online at www.wellandcameraclub.com. Although club meetings don't resume until September, Ferguson said club members remain active during the summer by visiting sites in the region to photograph wildlife.

The website features a link to a blog where club members are free to notify other members trips they are planning to take photographs and everyone is welcome to participate.

sarah.ferguson@sunmedia.ca
Twitter: s.ferguson25

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■ **JAKE HUGHES:** Tickets on sale for May 24 event

Memorial benefit backs Notre Dame bursary

MARYANNE FIRTH
PelhamNews Staff

Jake Hughes was always one to lend a helping hand.

And though the 19-year-old died suddenly last August in an ATV crash, his legacy of helping others will live on.



His parents, Sam and Pearl Hughes,

have created a memorial bursary in his name at Notre Dame College School, where Jake graduated in 2011. Expected to be handed out annually, it will assist students who display academic excellence and are in financial need in pursuing their post-secondary school dreams.

To support the bursary, the teen's family and friends have come together to host the inaugural Jake Hughes Memorial Benefit Concert on Friday, May 24, at Riverstone Event Centre.

"This night is a chance for everyone who used to be a part of Jake's life to come back into it," said event organizer Mark Hughes, Jake's uncle.

It will be a celebration of his life and all that he loved, including reggae-style music, Mark said.

The all-ages show will feature performances by

CONCERT INFO

What: Jake Hughes Memorial Benefit Concert

When: Friday, May 24, beginning at 7 p.m.

Where: Riverstone Event Centre, 414 River Rd.

Who: Bands include Street Pharmacy, LAZO and the Radicals, and Cops on Commission

Why: To raise funds for a memorial bursary at Notre Dame College School in the name of Jake Hughes, a

Welland resident who was killed last August in an ATV crash near Haliburton.

Tickets: \$20 each and available at M.T. Bellies, 871 Niagara St., and AP Brown Jewellers, 82 West Main St., or by e-mailing JakeHughesBenefit@gmail.com.

For more information, visit www.jakehughesbenefit.com or www.facebook.com/JakeHughesBenefit

Street Pharmacy, LAZO and the Radicals (a Bob Marley tribute band), and Cops on Commission.

Mark is hopeful the event will help people still coping with the loss to focus on the precious memories they shared with Jake.

"Let's make it a night about remembering him, instead of mourning him."

Along with supporting the memorial bursary, proceeds from the concert will also support Welland Special Olympics, an organization through which Jake volunteered.

Mark thanked the many local businesses and residents who have shown support for the event during the planning process.

The venue has been donated, TNR Productions has provided entertainment services, Country

Corner Market has donated free food for all ticket holders, and prizes for the silent auction and raffles have been donated by countless local businesses.

maryanne.firth@sunmedia.ca



The inaugural Jake Hughes Memorial Benefit Concert takes place Friday, May 24, at Riverstone Event Centre. Hughes was killed in an ATV crash last August near Haliburton. Supplied photo

Road Safety Week in Pelham May 16 to May 23rd

May 16th

Farmers Market, Fonthill
Road Safety Week Kiosk 4pm to Close.
Mayors Walk, 6pm

A guided safety walk for pedestrians of all ages

May 23rd

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■ **AWARDS:** Ceremony held at board office

Catholic board celebrates distinguished alumni

VICTORIA GRAY
PelhamNewsStaff

WELLAND — Fallen soldier Cpl. Tyler Crooks was honoured and remembered for paying the ultimate sacrifice last Friday.

Niagara Catholic District School Board celebrated outstanding graduates at its first annual Distinguished Alumni award ceremony at the board office on Rice Rd.

Crooks was among eight recipients who were recognized for their contributions to Niagara, Ontario and the world and a life journey that has had

a positive impact.

Alfred Crooks accepted the award on behalf of his son, who graduated from Lakeshore Catholic High School in 2003 and then joined the Canadian Forces shortly after. He was part of November Company, 3rd Battalion, The Royal Canadian Forces. His regiment was deployed to Afghanistan in September 2008 and he was killed by a roadside bomb on March, 24 — his 24th birthday.

"It's great that everybody still remembers him," Crooks father said as he tried to hold back tears. "He did what he



VICTORIA GRAY Staff Photo

2013 Niagara Catholic Distinguished Alumni award recipients back row from left: Bruno Dammitio, Alfred and Tage Crooks accepting on behalf of Cpl. Tyler Crooks; Paul Bliss and Amy Ball. Front row from left: Dr. Ildiko Murray; Kim Kuchar accepting on behalf of Carolyn Ciancio-Acker; Carla Bianca accepting on behalf of Dr. Robert Ventresca and Len Moccio accepting on behalf of Stephan Moccio.

loved and he loved what he did. He made the ultimate sacrifice you could imagine and we'll certainly never forget him."

Catholic board executive director John Crocco said the board is very proud of its graduates no matter where their path takes them and the award recognizes those who have taken the beliefs and teachings gained from Catholic education into the world to make a difference.

"The position does not define the person," he said. "The person defines the position."

Carolyn Ciancio-Acker,

who graduated Dennis Morris Catholic High School in 1969, received an award for her work to alleviate crime and poverty through education in Regent Park — a poor neighbourhood in Toronto.

Amy Ball, who graduated from Notre Dame College School in 1990 received an award for her efforts to promote human rights in Kurdistan.

Paul Bliss, who graduated from Notre Dame College School in 1984, was honoured for his work in the media, as a teacher and volunteer.

see **ALUMNI** | page 26

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■ ENTERTAINMENT

Submissions pouring in for Niagara Music Awards

JOHN LAW
QMI Agency Niagara

Local musicians have until the end of the month to enter the Niagara Music Awards.

Submissions are already pouring in for the sixth annual event. Nominees will be announced June 11 at Boston Pizza in Welland, where the site of this year's show will also be revealed.

Executive director Nathan Chamberland says several locations are being considered. The show will take place at the end of July.

"We want to make sure it's what we want," he says. "We have to feel it by ear. At the nomination party we'll know where we want to go. We have lots of options and we haven't said yes to any of them."

"We want it to be... not necessarily bigger, just different."

Three of the first five Niagara Music Awards were held in Niagara Falls. The other two were in Welland and Thorold.

About 750 submissions were received last year, but Chamberland was irked by how many artists missed out.

"It personally bothered me that I was getting so many e-mails after the ceremony saying 'Hey, where can I submit?'" he says. "I was like, 'Too late, sorry.' This year, we want to make sure everybody knows."

To ensure that, the committee has "amped up" the show's social media presence. The event website had "ridiculous numbers" during the launch party (April 23) in St. Catharines.

Submissions can be made online at www.niagaramusicawards.ca.

Like last year, music industry professionals will judge the submissions online. They have no affiliation with Niagara artists, and do not know who the other judges are.

Chamberland says this ensures the judging process is "honest and without potential corruption."

"One of the things we're really cautious about is anyone knowing who's judging their stuff," he says. "I don't want anyone trying to contact them."

Chamberland took over responsibility of the Niagara Music Awards last year from founders Morgan Whelan and Jack Mitchell. The workload isn't what he thought it would be, he says — it was way more.

"It takes over your life," he says. "But it's not just me. If it was just me, there's no way this would ever happen. Our committee and volunteers this year are really stepping it up."

The awards will recognize artists in 29 categories.

john.law@sunmedia.ca



Singer Jacelyn Holmes accepts an award at the 2011 Niagara Music Awards. Submissions are being accepted now for this year's show.

BOB TYMCZYSZYN QMI Agency Niagara



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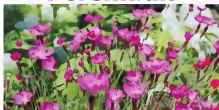
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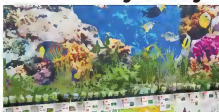
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■ **WALK AGAINST MALE VIOLENCE:** Nearly 600 students participated in 23rd annual event

Taking steps to end abuse

ALLAN BENNER
PelhamNews Staff

WELLAND — Efforts to put an end to broken bones, bruised faces and battered egos continue.

Among the ranks of people who won't tolerate the abuse of women are nearly 600 students from three local high schools who last Wednesday carried banners through the streets of Welland to raise awareness about domestic violence.

The students were participating in Notre Dame College School's 23rd annual Walk Against Male Violence, including about 500 students from Notre Dame, as well as about 80 more from Lakeshore Catholic High School in Port Colborne, and about 30 from Confederation secondary school.

Teacher Paul Turner said the students held a moment of silence for victims of violence — "particularly women and children" — as well as for ailing provincial walk organizer and founder Ken Hancock.

Hancock, Turner said, "has put mega hours into this for the past 23 years."

Carrying banners, urging people to "Stop violence against women," the students

walked along Thorold Rd., Prince Charles Dr. and Lincoln and King Sts. before arriving at the Merritt Park Amphitheatre.

"We talk about terrorism, and we have it happening in our own neighbourhoods and our own homes. Women and children, in particular, are held hostage themselves," Turner said. "We need to get the word out there."

Locally, the event raises funding for Women's Place of South Niagara. This year, the students collected donations of more than \$11,000 for the agency that assists women and children that have escaped domestic abuse.

Women's Place community engagement co-ordinator Jennifer McQuestion said it's also extremely important to get young people involved.

"It's raising awareness and having young people start to understand the importance of healthy relationships, and this sort of violence isn't going to be accepted."

McQuestion said getting schools involved is one of the most important things people can do "to try and stop the cycle of violence."

"This is an amazing initiative."



ALLAN BENNER Staff Photo
Jacob Cieri, left, and Anthony Kaas, are among about 600 students, mostly from Notre Dame, who participated in the 23rd annual Walk Against Male Violence, Wednesday.



ALLAN BENNER Staff Photo
About 600 students, from Notre Dame, Lakeshore Catholic and Confederation high schools, participate in the 23rd annual Walk Against Male Violence, Wednesday.



ALLAN BENNER Staff Photo

Rachel Lauder, left, and Alyssa Staples lead about 600 students.



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SARAH FERGUSON Staff Photo

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■ ALUMNI

Celebrating graduates

FROM PAGE 20

Bruno Dammizio, a Dennis Morris Catholic High School 1974 graduate, received an award for his commitment to funding education at home and developing nations.

"A quote from Mother Theresa that really resonated with me is, 'If you can't help 100 people, help one,'" he said. "It's something we can all aspire to because we can all make a difference."

Stephen Moccio graduated from Saint Paul Catholic High School in 1990 and was honoured for his dedication to the advancement of the arts in education.

Dr. Ildiko Murray, graduated from

Holy Cross Secondary School in 2002 and was recognized for donating her time and services as an optometrist to children in Niagara who need glasses, but can't afford them.

Dr. Robert Ventresca a graduate from Notre Dame College School was honoured for his commitment to creating a better understanding of different cultures and faiths.

Board chair Kathy Burtynik told recipients to continue down their paths and keep showing themselves and their faith through their actions.

"It's not what you do, it's who you are that allows you to do the job you do," she said.

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Top athlete



Staff photo

Liliana McIntosh was last week's Welland Tribune Athlete of the Week. The 13 year-old Grade 7 student from St. Ann Catholic School went undefeated to win the girls singles championship at the Notre Dame Family of Schools Badminton Tournament. Liliana, who participates in all sports at St. Ann, also won the tournament last year.

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The Town of Pelham is now accepting resumes from applicants with a degree or diploma (3 year) in Accounting or related program, working towards a CGA, CMA or CA enrolled at level 4 or higher and a minimum of three years progressive accounting experience. Annual salary range is \$50,741 - \$59,696.

Visit pelham.ca for more information and to apply by 12:00 noon on Tues. May 21, 2013.

DIRECTOR OF PLANNING AND COMMUNITY DEVELOPMENT



TOWN OF PELHAM

The Town of Pelham is now accepting resumes from applicants with a University Degree in Urban Planning or related field; 7 to 10 years of progressive experience as a municipal planner, including 2 to 3 years in a management role; and membership in the Ontario Professional Planners Institute. Annual salary range is \$99,096 - \$116,564.

Visit pelham.ca for more information and to apply by 12:00 noon on Thurs. May 23, 2013.

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PHARMACISTS NOW ABLE TO EFFECTIVELY IMPROVE YOUR HEALTH THROUGH EXPANDED SCOPE OF PRACTICE

As a result of new regulations governing the practice of pharmacy in Ontario, pharmacists are now able to be more deeply involved in your medications and management of your medical conditions. The new regulations came into effect last October allowing pharmacists to make use of their unique knowledge. This is great news for both pharmacists and you, their patients. It will allow pharmacists to be an even more integral part of your medication management and it will provide you with greater convenience as pharmacists are easily accessible in the community.

There are five main areas that these changes will affect:

1. Pharmacists can prescribe several effective medications to help you quit smoking. Patients who may wish to try this method of quitting can now be assessed by their pharmacist—who will use their professional judgement to decide if it is right for you. This means that you will not have to wait to see your doctor in order to get on the path to becoming smoke-free and the pharmacist can be involved throughout this sometimes difficult process.
2. Pharmacists may be able to renew your prescriptions without you having to see your doctor first. Your condition and your medications must be stable. For example, this may apply to patients who have well-managed chronic conditions like diabetes or high blood pressure. (This new regulation does not apply to narcotics and similar substances and does not eliminate the need to see your doctor for proper followup and monitoring).
3. Pharmacists may also make certain changes/adaptations to your doctor's prescription if necessary based on professional judgement. For example, they may change the dosage form (tablet/capsule/liquid) or they could alter the dosing regimen and possibly even the dose to suit you better. As always, any changes would be done with your consent and the pharmacist would share them with your doctor.
4. Pharmacists can now be of even greater assistance in helping to demonstrate how to use your devices. If you are a patient who uses an inhaler or has self-administered injections, your pharmacist can now use the real device to show you how to use it, rather than using a model one. Pharmacists who are able to administer injections in order to teach you how to use them have completed a training program.
5. Specially trained pharmacists can administer the flu vaccine to patients five years and older. This will provide patients with more locations and greater ease of access to the vaccine.

As usual, your pharmacist will make these decisions based on your specific situation, so it is very important to give them as much information about yourself as you can. They need to know about all of the medications you are taking, including anything over-the-counter or any vitamins/minerals that you use. Also it is important to talk to your pharmacist about your lifestyle (e.g. the foods you eat and the exercise you do) so they can get the full picture in order to make the best decisions for you. Pharmacists have always been a wonderful source of information and support for patients regarding how to best manage their medicines and their medical conditions. Now that the role of pharmacists has expanded to allow them to have more involvement with their patients, it will be easier than ever for patients to maintain good control of their conditions and medications.

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■ BASEBALL: Miller Restoration gives solid team effort

Peewee Panthers win exhibition game 3-0

For PelhamNews

The Pelham Panthers Peewee rep baseball team, sponsored by Miller Restoration, played their first exhibition game of the season, on Thursday, May 9.

After allowing Thorold an early 2-0 lead after the first inning, the Panthers took control of the game and walked away with an 8-3 victory.

It was a solid team effort with Josh Stuart, Spencer Reynolds, Nathan Cook, Tyler Dobbie,

Sydney Porte, Harry Steven, and Evan Dobbie all pitching an inning each and combining for 19 strikeouts.

Leading the Panthers at the plate were Sydney Porte, with two singles, Tyler Dobbie with a triple and two RBIs, Spencer Reynolds, with a double and one RBI and Harry Steven with two RBIs.

Nathan Cook also had two RBIs while Dylan Biggar and Josh Stuart added singles.

Ryan Moffatt and Connor Walton played a key role in the

Panthers' win with their solid glove work and strong arms ensuring the opposing batters kept their hits to singles.

As a part of the Pelham Panthers Peewee Rep team fundraising, the team is selling Buffalo Bisons Flex tickets for \$10 each.

These tickets are redeemable for any Buffalo Bisons regular season home game. For ticket information email Sam Dobbie at sdobbie2@cogeco.ca or the PMBA at playball@pmba.ca. Details are also available online at www.pmba.ca.

If you have a story idea or see news happening, we want to hear from you –

pelham.news@sunmedia.ca or 905-732-2414 ext.246

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